III. HEALTH, NUTRITION and EXERCISE SCIENCE

Contents

Guidelines for Mathematical Sciences Courses	2
Students with Advanced Placement credit:	2
Nutrition and Dietetics (B.S.) Progression Requirements	2
Nutrition and Dietetics (B.S.) Progression Course Repeat Policy	2
Applied Health Science (B.S.) with Pre-Athletic Training Concentration	3
Applied Health Science (B.S.) with Exercise Science Concentration	4
Applied Health Science (Pre-OT) (B.S) / Occupational Therapy MOT	6
Applied Health Science (B.S.) with Pre-Physical Therapy Concentration	7
Applied Health Science (B.S.) Pre-Professional Concentration	8
Health & Physical Education with K-12 Teacher Certification (B.A.)	9
Nutrition and Dietetics (B.S.) (for students graduating May 2022)1	0
Nutrition and Dietetics (B.S.) (for students graduating May 2023)1	1
Nutrition and Dietetics B.S.(for students graduating December 2023)1	2
Nutrition and Dietetics B.S. (for students graduating May 2024)1	3
Sport Management (B.A.) (students entering Fall 2022)1	4
Sport Management (B.A.) (students entering Fall 2021)1	5

Guidelines for Mathematical Sciences Courses

Students in the Health, Nutrition, and Exercise Science Department should check the mathematics requirements specified for the major in the college catalog. Students in these majors are required to meet the QuEST Mathematical Science requirement but often have specific or additional mathematics courses specified in the major.

Students with Advanced Placement credit:

Requirements for courses in mathematical sciences can be met through Advanced Placement exam credit. Students who have taken AP exams in calculus, computer science, or statistics should check <u>here</u> to find out how credit is awarded for your scores.

Nutrition and Dietetics (B.S.) Progression Requirements

Progression requirements: In order to progress into NUTR 428, NUTR 430, NUTR 432 and NUTR 450 students must have completed the following courses with no grades lower than a C- in each and an average GPA in them of at least 2.50 (at least 2.75 if more than one of these courses is transferred to Messiah and at least 3.00 if more than one of these courses is transferred to Messiah):

CHEM 105 CHEM 106, CHEM 204 or CHEM 309 and CHEM 310 BIOL 185 or BIOL 160 or BIOL 170, NUTR 121 NUTR 222.

Students who do not achieve the required minimum GPA will not be able to complete the Nutrition and Dietetics major, but will be eligible to complete the Food and Nutrition minor.

Nutrition and Dietetics (B.S.) Progression Course Repeat Policy

One course from the list of courses used to determine the progression GPA may be repeated one time. An attempt at a course will include all letter grades as well as W. When extenuating circumstances arise (i.e. significant illness or death in the family), students may appeal this policy by submitting a written letter explaining the rationale for the exception to the DPD Director. If the appeal is denied, the decision may be appealed to the dean of the School of Science, Engineering and Health.

Applied Health Science (B.S.) with Pre-Athletic Training Concentration

5-Year Accelerated MSAT – 10 Semester Advising Plan

Course #	Course name	Credits	Course #	Course name	Credits
	Fall – 1 st semester total	16		Spring – 2 nd semester total	17
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3 3 2	varies	2 nd semester foreign language*	3 3 3
PHIL/RELI	QuEST Philosophy or Religion*	3	HIST xxx	QuEST U.S. History*	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
ATHT 102	Introduction to Athletic Training	1	ATHT 140	Prevention & Management of Injury	2
BIOL 170	Cell and Animal Physiology w/Lab	4	PSYC 101	Introduction to Psychology	3
	Fall – 2 nd semester total	17		Spring – 4th semester total	18
CHEM 103 or 105	Chemical Science (recommended)* or	4	Varies	QuEST Arts (ART, THEA, MUGE)*	3
	General Chemistry I*		BIBL 20x	Knowledge of the Bible*	3
Varies	Ethics/World Views/Pluralism	3	STAT 269	Introductory Statistics*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	BIOL 186	Human Anatomy & Physiology II w/lab	4
	Choose 1: GERO 251, PSYC 209, PSYC		APHS 215	Chronic Disease and Exercise	3
Varies	210, HDFS 311, or HDFS 312	3	ATHT 203	Medical Terminology	2
ATHT 236	Orthopedic Assessment	3			-
	Fall – 5 th semester total	17-18		Spring – 6 th semester total	16-17
ENGL 1xx	QuEST Literature*	3	Varies	QuEST non-western*	2-3
ATHT 339	Therapeutic Interventions	3	varies	3 rd semester language*	3
APHS 301	Exercise Physiology w/Lab	4	Varies	QuEST Christian Beliefs*	3
	Mathematics of Growth (recommended)*	1	APHS 271	Kinesiology	3
111	or Calculus	3-4	APHS 325	Exercise Nutrition and Metabolism	
PHYS 201	Physics w/Lab	4	ATHT 480	Athletic Training Senior Seminar	3
11110 201		÷	/		
		1			
	Summer between semester 6 and 7 total	4			
ATHT 507	Summer between semester 6 and 7 total	+			
ATHT 507 ATHT 501	Emergency Management	1			
ATHT 501	Emergency Management The Professional Athletic Trainer	1 1		<u> </u>	
ATHT 501 ATHT 510	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College	1 1 1	-		
ATHT 501	Emergency Management The Professional Athletic Trainer	1 1	- - -		
ATHT 501 ATHT 510	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping	1 1 1 1		Spring – 8 th semester total	15
ATHT 501 ATHT 510 ATHT 505	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total	1 1 1 1 1 12	ATHT 545	Spring – 8 th semester total	15
ATHT 501 ATHT 510 ATHT 505 ATHT 524	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1}	1 1 1 1 12 1.5	ATHT 545	Kinesiology with Lab	2
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2}	1 1 1 1 1 12 1.5 1.5	ATHT 530	Kinesiology with Lab Clinical Rotation III^1	2 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{^1} Assessment of the Lower Extremity ^{^2} Scientific Inquiry I	1 1 1 1 1 1.5 1.5 3	ATHT 530 ATHT 534	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1	2 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College	1 1 1 1 1.5 1.5 3 3 3	ATHT 530 ATHT 534 ATHT 537	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1	2 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{^1} Assessment of the Lower Extremity ^{^2} Scientific Inquiry I	1 1 1 1 1 1.5 1.5 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2	2 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College	1 1 1 1 1.5 1.5 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2	2 1.5 1.5 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College	1 1 1 1 1.5 1.5 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2	2 1.5 1.5 1.5 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions	1 1 1 1 1.5 1.5 3 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2	2 1.5 1.5 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520 ATHT 522	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total	1 1 1 1 1.5 1.5 3 3 3 3 3 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2	2 1.5 1.5 1.5 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions	1 1 1 1 1.5 1.5 3 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2	2 1.5 1.5 1.5 1.5 1.5 1.5 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 518 ATHT 520 ATHT 522	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total Gross Human Anatomy	1 1 1 12 1.5 1.5 3 3 3 3 3 3 3 3	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2 Scientific Inquiry II	2 1.5 1.5 1.5 1.5 1.5 1.5 3
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 526 ATHT 518 ATHT 520 ATHT 522 ATHT 555	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total Gross Human Anatomy Fall – 9 th semester total	1 1 1 12 1.5 1.5 3 3 3 3 3 3 3 3 12	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547 ATHT 528	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2 Scientific Inquiry II	2 1.5 1.5 1.5 1.5 1.5 1.5 3
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 526 ATHT 520 ATHT 520 ATHT 522 ATHT 555 ATHT 555	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total Gross Human Anatomy Fall – 9 th semester total Behavioral Health ^{A1}	1 1 1 1.5 1.5 3 3 3 3 3 3 3 3 12 1.5	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547 ATHT 528 ATHT 528 ATHT 634	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2 Scientific Inquiry II Spring – 10th semester total Case Review III Spine^1	2 1.5 1.5 1.5 1.5 1.5 1.5 3 3
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 526 ATHT 518 ATHT 520 ATHT 522 ATHT 555 ATHT 637 ATHT 647	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total Gross Human Anatomy Fall – 9 th semester total Behavioral Health ^{A1} Human Performance Training ^{A2}	1 1 1 1 1.5 1.5 3 3 3 3 3 3 3 3 3 3 1.5 1.5 1.5	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547 ATHT 528 ATHT 634 ATHT 633	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2 Scientific Inquiry II Spring – 10th semester total Case Review III Spine^1 Administration & Liability^1	2 1.5 1.5 1.5 1.5 1.5 1.5 3 3 12 3 1.5
ATHT 501 ATHT 510 ATHT 505 ATHT 524 ATHT 526 ATHT 526 ATHT 520 ATHT 520 ATHT 522 ATHT 555 ATHT 555	Emergency Management The Professional Athletic Trainer Clinical Rotation I: Messiah/HS/College Bracing and Taping Fall – 7 th semester total Evaluation of the Upper Extremity ^{A1} Assessment of the Lower Extremity ^{A2} Scientific Inquiry I Clinical Rotation II: Messiah/HS/College Therapeutic Interventions Summer between Semester 8 & 9 total Gross Human Anatomy Fall – 9 th semester total Behavioral Health ^{A1}	1 1 1 1.5 1.5 3 3 3 3 3 3 3 3 12 1.5	ATHT 530 ATHT 534 ATHT 537 ATHT 540 ATHT 543 ATHT 547 ATHT 528 ATHT 528 ATHT 634	Kinesiology with Lab Clinical Rotation III^1 Evaluation of the Spine^1 General Medical/Pharmacology Topics^1 Clinical Rotation IV^2 Eating for Recovery and Performance^2 Head Injury in Sport^2 Scientific Inquiry II Spring – 10th semester total Case Review III Spine^1	2 1.5 1.5 1.5 1.5 1.5 1.5 3 3

*QuEST requirement

^{^1}8-week course in 1st half of semester

^2 8-seek course in 2nd half of semester

Applied Health Science (B.S.) with Exercise Science Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall	•		First Year – Spring	•
APHS 170	Concepts of Conditioning	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
COMM 105	Oral Communication*	3	IDCR 151	Created and Called for Community*	3
IDFY 101	First Year Seminar*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	PSYC 101	Introduction to Psychology	3
	TOTAL	15		TOTAL	16
	Sophomore – Fall			Sophomore – Spring	
APHS 215	Chronic Disease and Exercise	3	APHS 301	Exercise Physiology	4
CHEM 103 or 105	Chemical Science or General Chemistry I**	4	BIBL 20x	Knowledge of the Bible* (1st or 2nd year)	3
MATH/CIS/STAT	Mathematical Science* (1st year)	3	BIOL 189	Genetics for Health Professionals	3
Varies	Literature* (1 st or 2 nd year)	3	HIST	History* (1 st or 2 nd year)	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	Varies	Elective	3
	TOTAL	16		TOTAL	16
	Junior – Fall			Junior – Spring	-
APHS 271	Kinesiology	3	APHS xxx	APHS elective	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
NUTR 222	Principles of Nutrition	3	Varies	Elective	3
APHS xxx	APHS Elective	3	Varies	Elective	3
Varies	Art, Music or Theatre meeting QuEST	3	Varies	Elective	3
	TOTAL	14-15		TOTAL	15
	Senior – Fall			Senior – Spring	
IDS xxx	Ethics/Pluralism/World Views* (3rd- 4th yr)	3	APHS 325	Exercise Nutrition and Metabolism	3
INTE 391	Internship	1-3	APHS 412	Senior Seminar	3
Varies	Elective	3	RELI/PHIL	Religion/Philosophy* (1st or 2nd year)	3
Varies	Elective	3	Varies	Elective	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Elective	3
	TOTAL	13-15		TOTAL	15

*QuEST requirement

**Students interested in pursuing graduate school should take CHEM 105.

Applied Health Science (B.S.) / Occupational Therapy (M.S.O.T.) 3+2 Suggested 8-Semester Plan

Note: This major open only to students already accepted by Thomas Jefferson

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
APHS 170	Concepts of Conditioning	2	Varies	2 nd language* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	COMM 105	Oral Communication*	3
Varies	1 st language*	3	PSYC 209	Life Span Development	3
	TOTAL	15		TOTAL	16
	Sophomore – Fall			Sophomore – Spring	
APHS 215	Chronic Disease and Exercise	3	BIBL 20X	Knowledge of the Bible* (1st or 2nd year)	3
STAT 269	Statistics*	3	HIST	History* (1st or 2nd year)	3
SOCI 101	Principles of Sociology*	3	Varies	Art, Music or Theatre* (1st or 2nd year)	3
CHEM 103	Chemical Science*	4	PSYC 319	Abnormal Psychology	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	BIOL 189	Genetics for Health Professions	3
WELL 1xx	Wellness* (1 st or 2 nd year)	1	SOAN 212	Cultural Anthropology	3
	TOTAL	16		TOTAL	18
	Junior – Fall			Junior – Spring	
NUTR 222	Principles of Nutrition	3	THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3
APHS 301	Exercise Physiology	4	APHS 325	Exercise Nutrition and Metabolism	3
ENGL 1xx	Literature* (1 st or 2 nd year)	3	APHS 412	Senior Seminar	3
RELI/PHIL	Religion/Philosophy* (1st or 2nd year)	3	Varies	Ethics/Pluralism/World Views* (3rd- 4th yr)	3
Varies	3 rd language or Cross Cultural* (2 nd or3 rd yr)	3	APHS 360	Exercise Testing and Prescription	3
			APHS xxx	APHS elective	3
	TOTAL	16		TOTAL	18
	Senior Fall @ TJU			Senior Spring @ TJU	
OT 302	App. Anatomy and Kinesiology	4	OT 308	Concepts in Neurodevelopment L/L	4
OT 311	Health and Health Conditions	4	OT 322	Found of Occupation-Centered Pract I	2
OT 321	Found of Occupation-Centered Pract I	2	OT 357	Evaluation Process	4
OCT 336	Occupation through Lifespand L/L	5			
OT	Domains of OT Practice Field Work I	2			
	TOTAL	17		TOTAL	8

*QuEST requirement

Summer courses at TJU include:

OT 341 Occupational analysis and evaluation-Fieldwork level 1: 2 cr

OT 467 Health Services Administration & Professional Development: 2 cr

OT 603 Research Mentorship and Methods: 4 cr

- Substitute OT 302 for APHS 271
- Substitute OT 311 for HPED 305
- Students will also take other courses their senior year at TJU, but these are 500+ level courses and there do not count towards the undergraduate degree.
- Thomas Jefferson will accept CLEP and AP credits with the exception of Anatomy and Physiology.
- Thomas Jefferson will NOT accept transfer credits from other institutions.
- Students must have a "B" average between BIOL 185 & 186.
- Students may "walk" in the Messiah College May graduation ceremony, but will not complete their Messiah College degree until August, contingent upon successful completion of OT 467.

Applied Health Science (Pre-OT) (B.S) / Occupational Therapy MOT Suggested Course Sequencing

Course #	Course name	Credits	Course #	Course name	Credits
	Fall – 1 st semester total	15		Spring – 2 nd semester total	16
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3	varies	2 nd semester language *	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	BIOL 186	Human Anatomy & Physiology II w/lab	4
PSYC 101	Introduction to Psychology	3	PSYC 209	Life Span Development	3
	Fall – 2 nd semester total	16		Spring – 4th semester total	17
CHEM 103	Chemical Science *	4	BIBL 20x	Knowledge of the Bible*	3
varies	3 rd semester language/cross cultural*	3	HIST xxx	QuEST U.S. History*	3
APHS 215	Chronic Disease and Exercise	3	Varies	QuEST Arts (ART, THEA, MUGE)*	3
APHS 220	Health Promotion Management	3	ATHT 203	Medical Terminology and Topics	2
STAT 269	Introductory Statistics*	3	BIOL189	Genetics for Health Professions	3
			PSYC 319	Abnormal Psychology	3
	Fall – 5 th semester total	16-17		Spring – 6 th semester total	18
ENGL 1xx	QuEST Literature*	3	Varies	QuEST Christian Beliefs*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	Varies	Ethics/World Views/Pluralism	3
Varies	QuEST non-western*	2-3	APHS xxx	APHS Elective	3
APHS 301	Exercise Physiology w/Lab	4	APHS 325	Exercise Nutrition and Metabolism	3
NUTR 222	Principles of Nutrition	3	APHS 412	Senior Seminar	3
Varies	Free elective	1	Varies	Free elective	3
	Summer between semester 6 and 7 total	9			-
OCCU 501	Foundations of Occupational Therapy #	3	-		
OCCU 505	Applied Anatomy and Lab #	3	•		
OCCU 508	Enabling Occupations #	3	•		
	Fall – 7 th semester total	16		Spring – 8 th semester total	16
OCCU 524	Theoretical Perspectives in Occ Therapy #	3	IPEC 500	Interprofessional Education (IPE) Seminar	1
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OCCU 526	Analysis of Occupation #	3	IOCCU 530	Research Methods and Design	
OCCU 526 OCCU 510	Analysis of Occupation # Evidence-Based Inquiry #	3	OCCU 530	Research Methods and Design Common Conditions in OT Practice	3
OCCU 510	Evidence-Based Inquiry #	3	OCCU 553	Common Conditions in OT Practice	3 3
OCCU 510 OCCU 535	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab #	3 4	OCCU 553 OCCU 555	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab	3
OCCU 510	Evidence-Based Inquiry #	3	OCCU 553 OCCU 555 OCCU 562	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice	3 3 4
OCCU 510 OCCU 535	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques #	3 4	OCCU 553 OCCU 555	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab	3 3 4 1
OCCU 510 OCCU 535	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab #	3 4 3	OCCU 553 OCCU 555 OCCU 562	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice	3 3 4 1
OCCU 510 OCCU 535 OCCU 544 OCCU 602	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice	3 4 3 8	OCCU 553 OCCU 555 OCCU 562	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice	3 3 4 1
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab	3 4 3 8 1 4	OCCU 553 OCCU 555 OCCU 562	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice	3 3 4 1
OCCU 510 OCCU 535 OCCU 544 OCCU 602	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab	3 4 3 8 1	OCCU 553 OCCU 555 OCCU 562	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab	3 3 4 1 4
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total	3 4 3 8 1 4 3 14	OCCU 553 OCCU 555 OCCU 562 OCCU 565	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab	3 3 4 1 4 4
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent	3 4 3 8 1 4 3 14 2	OCCU 553 OCCU 555 OCCU 562 OCCU 565	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations	3 3 4 1 4 1 4 1 0 2
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572 OCCU 573	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent Health Promotion OT: Community Inter	3 4 3 8 1 4 3 14 2 2	OCCU 553 OCCU 555 OCCU 562 OCCU 565 OCCU 583 OCCU 583 OCCU 586	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations Spirituality, Meaning & Health in Occupat	3 3 4 1 4 4 10 2 2
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572 OCCU 573 OCCU 573 OCCU 623	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent Health Promotion OT: Community Inter Administration, Management & Leadership	3 4 3 8 1 4 3 14 2 2 3	OCCU 553 OCCU 555 OCCU 562 OCCU 565	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations	3 3 4 1 4 1 4 1 0 2
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572 OCCU 573 OCCU 573 OCCU 623 OCCU 625	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent Health Promotion OT: Community Inter Administration, Management & Leadership OT Process: Older Adult Practice &Lab	3 4 3 8 1 4 3 14 2 2 3 4	OCCU 553 OCCU 555 OCCU 562 OCCU 565 OCCU 583 OCCU 583 OCCU 586	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations Spirituality, Meaning & Health in Occupat	3 3 4 1 4 4 10 2 2
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572 OCCU 573 OCCU 573 OCCU 623	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent Health Promotion OT: Community Inter Administration, Management & Leadership OT Process: Older Adult Practice &Lab Research Seminar	3 4 3 1 4 3 14 2 2 3 4 3	OCCU 553 OCCU 555 OCCU 562 OCCU 565 OCCU 583 OCCU 583 OCCU 586	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations Spirituality, Meaning & Health in Occupat	3 3 4 1 4 4 10 2 2
OCCU 510 OCCU 535 OCCU 544 OCCU 602 OCCU 605 OCCU 615 OCCU 572 OCCU 573 OCCU 573 OCCU 623 OCCU 625	Evidence-Based Inquiry # OT Process: Psychosocial Practice &Lab # Therapeutic Techniques # Summer between Semester 8 & 9 total Level 1 Fieldwork Adult Practice OT Process: Adult Practice & Lab Adaptations & Assistive Technology &Lab Fall – 9 th semester total Level I Fieldwork: Community Intervent Health Promotion OT: Community Inter Administration, Management & Leadership OT Process: Older Adult Practice &Lab	3 4 3 8 1 4 3 14 2 2 3 4	OCCU 553 OCCU 555 OCCU 562 OCCU 565 OCCU 583 OCCU 583 OCCU 586	Common Conditions in OT Practice Neurological Conditions OT Practice &Lab Level I Fieldwork: Pediatric Practice OT Process: Pediatric Practice &Lab Spring – 10 th semester total Cultural & Global Considerations Spirituality, Meaning & Health in Occupat	3 3 4 1 4 4 10 2 2

*QuEST requirement

Graduate Course that fulfills Undergraduate Requirements (total of 25 credits)

Total UG Credits: 98; Total GR Credits Applied to the Undergraduate Degree: 25

Total Credits in the BS in APHS (Pre-OT) degree 123-124; Unique GR Credits: 55; Total Credits: 178-179 total credits (total credits required if both degrees are completed: 203)

Applied Health Science (B.S.) with Pre-Physical Therapy Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
APHS 170	Concepts of Conditioning	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
Varies	1st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
	TOTAL	16		TOTAL	16
	Sophomore – Fall			Sophomore – Spring	
APHS 215	Chronic Disease and Exercise	3	PHYS 202	Physics II	4
Varies	APHS/ATED/HPED elective*	3	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	MATH 1xx	Math 102, 108 or 111	3-4
ENGL xxx	Literature* (1 st or 2 nd year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
PHYS 201	Physics I	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	3
	TOTAL	16		TOTAL	16-17
	Junior – Fall	-		Junior – Spring	
APHS 271	Kinesiology	3	Varies	APHS/ATED/HPED elective **	3
BIOL 265	Microbiology	4	Varies	APHS/ATED/HPED elective**	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	APHS 301	Exercise Physiology	4
Varies	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
Varies	Elective	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
	TOTAL	16		TOTAL	16
	Senior – Fall			Senior – Spring	
IDS xxx	Ethics/Pluralism/World Views* (3rd- 4th yr)	3	APHS 412	Senior Seminar	3
BIOL 460	Physiology	4	BIOL 465	Human Anatomy	4
Varies	APHS/ATED/HPED elective**	3	RELI/PHIL	Religion/Philosophy* (1st or 2nd year)	3
Varies	APHS/ATED/HPED elective**	3	APHS 325	Exercise Nutrition & Metabolism	3
	TOTAL	13		TOTAL	13

*QuEST requirement

Total Credits: 123

**Students must take at least 9 credits of department electives (specific APHS/HPED or ATHT courses as listed in the major requirements course of study). These courses range from 2-4 credits. These courses should be chosen in consultation with your academic advisor.

Note: BIOL 265 (Offered every fall) ATHT 203 required for OT/PT Messiah University Programs

Applied Health Science (B.S.) Pre-Professional Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
APHS 170	Concepts of Conditioning	2	CHEM 106	General Chemistry II	4
CHEM 105	General Chemistry I	4	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
	TOTAL	16		TOTAL	16
	Sophomore – Fall			Sophomore – Spring	
APHS 215	Chronic Disease and Exercise	3	BIBL 20x	Knowledge of the Bible* (2 nd or 3 rd year)	3
BIOL 265	Microbiology	4	HIST 1xx	History* (1 st or 2 nd year)	3
CHEM 204 or CHEM 309	Introduction to Organic Chemistry or Organic Chemistry I	4	APHS 301	Exercise Physiology	4
MATH xxx	MATH 102, 108 or 111 Calculus*	3-4	Varies	Non-Western Studies* (2 nd or 3 rd year)	3
			PSYC 101	Introduction to Psychology	3
	TOTAL	14-15		TOTAL	17
	Junior – Fall	•		Junior – Spring	
APHS 271	Kinesiology	3	APHS 325	Exercise Nutrition and Metabolism	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	PHYS 202	Physics	4
Varies xxx	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
ENGL xxx	Literature* (1 st or 2 nd year)	3	Varies	APHS/ATED/HPED elective	3
PHYS 201	Physics	4	RELI/PHIL	Religion/Philosophy* (1st or 2nd year)	3
	TOTAL	16		TOTAL	16
	Senior – Fall	10		Senior – Spring	10
IDS xxx	Ethics/Pluralism/World Views* (3rd- 4th yr)	3	APHS 412	Senior Seminar	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Electives or Internship	3
Varies	APHS/ATED/HPED elective	3	Varies	Electives	3
BIOL 465	Human Anatomy	4	BIOL 460	Physiology	4
	TOTAL	16		TOTAL	13

*QuEST requirement 123 credits required to graduate

**Students interested in pursuing medical school should work closely with the Pre-Health advisor and take CHEM 310 Organic Chemistry II (4). In addition, CHEM 410 Biochemistry I (4) is strongly recommended. Students considering physician assistant programs should work closely with their advisor and the Office of Pre-Health Professions. The pre-requisites for schools vary so students may need to consider additional courses (e.g. BIOL 260, Genetics, CHEM XXX, Organic Chemistry II).

Health & Physical Education with K-12 Teacher Certification (B.A.) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
IDFY 10x	First Year Seminar*	3	COMM 105	Oral Communication*	3
HPED 201	Foundations of P.E.	1	IDCR 151	Created and Called for Community*	3
HIST 141 or 142	QuEST U.S. History*	3	Varies	QuEST MATH/CIS/STAT *	3
ENGL 122-176	QuEST Literature*	3	Varies	QuEST Second Semester of Language*	3
Varies	QuEST MATH/CIS/STAT *	3	WELL 127	Aquatics	1
Varies	QuEST 1 st Semester of Language*	3	WELL 1xx	Wellness course option	1
	¥		HPED 236	Med. Aspects of Sport	2
	TOTAL	. 16		TOTAL	16
Take PA	PA Exam unless exempt by SAT/ACT Scor		March	31 st – Submit clearances to TEP Office in Boyer 4	14
	Sophomore – Fall	-		Sophomore – Spring	
BIOL 158	Human Biology*	4	EDUC 203 [†]	Educational Psychology*	3
	Child Development	3	EDSP 207 [†]	Intro. to Special Education	3
	Motor Learning	3	TEP 210 [†]	Sophomore Field Experience (T&R)	0
	QuEST Encountering the Bible*	3	HPED 224	Personal and Community Health	3
	Concepts of Conditioning	2	EDUC 346	Sociocultural Perspectives on Education	3
	Wellness course option	1	Varies	QuEST 3 rd Semester of Language*	3
	Wellness course option	1	APHS 271	Kinesiology	3
	TOTAL			TOTAL	18
		ne. Math, C	CIS, FYS, and L n 300 level cou	iterature must be completed or in process (one of rses	these) in
enroll in TEP 310). March 1 st -TEP Application Submitted onlin order Junior – Fall	ne. Math, C			these) in
enroll in TEP 310). March 1 st -TEP Application Submitted onlin order	ne. Math, C		rses	these) in
enroll in TEP 310 TEP 310 [†]). March 1 st -TEP Application Submitted onlin order Junior – Fall Field Experience (Must meet TEP	ne. Math, C to enroll in	n 300 level cou	rses Junior – Spring	
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†]	D. March 1 st -TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle	ne. Math, C to enroll in	n 300 level cou EDUC 308	rses Junior – Spring Instr & Assessment w/Eng Lang	3
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†]	D. March 1 st -TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices	ne. Math, C to enroll in 0 3 3	n 300 level cou EDUC 308 APHS 201	rses Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin.	3
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305	D. March 1 st -TEP Application Submitted onlinorder order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health	ne. Math, C to enroll in 0 3 3 3	a 300 level cou EDUC 308 APHS 201 HPED 423	Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option	3 3 3 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329	 March 1st-TEP Application Submitted onlin order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* 	ne. Math, C to enroll in 0 3 3	EDUC 308 APHS 201 HPED 423 WELL xxx	rses Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin.	3 3 3
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies	D. March 1 st -TEP Application Submitted onlinorder order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health	ne. Math, C to enroll in 0 3 3 3 3 3	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309	Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem	3 3 3 1 3
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx	D. March 1 st -TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion*	ne. Math, C to enroll in 0 3 3 3 3 3 1	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE	3 3 3 1 3 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL 	ne. Math, C to enroll in 0 3 3 3 3 3 1 2 2	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE	3 3 3 1 3 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due 	ne. Math, C to enroll in 0 3 3 3 3 3 1 2 2	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities	3 3 3 1 3 1 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st -	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL Senior – Fall 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 2 2 2 16	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332	Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL	3 3 1 3 1 1 1 1 15
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st -	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 2 16	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring Prof Issues in Educ	3 3 3 1 3 1 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st - HPED 312 Varies	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL Senior – Fall P.E. Instr. Secondary 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 2 2 2 16	EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114 EDUC 420 [†]	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring	3 3 1 3 1 1 1 1 1 1 1 1 1 1 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st - HPED 312 Varies THEO xxx	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL Senior – Fall P.E. Instr. Secondary QuEST Arts/Music/Theater* 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 	200 level court EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114 EDUC 420 [†] TEP 431 [†]	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring Prof Issues in Educ Student Teaching HPE – K-12	3 3 1 3 1 1 1 1 1 1 1 1 1 1 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st - HPED 312 Varies THEO xxx Varies	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option – Application for Professional Semester due TOTAL Senior – Fall P.E. Instr. Secondary QuEST Arts/Music/Theater* QuEST Non-Western Studies* 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 - - - - - - - - - - - - -	a 300 level coul EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114 EDUC 420 [†] TEP 431 [†] TEP 411 [†]	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring Prof Issues in Educ Student Teaching HPE – K-12 Pre-student Teaching Exp.: HPE	3 3 1 3 1 1 1 1 1 1 1 1 1 1 1 1
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st - HPED 312 Varies THEO xxx Varies HDFS 311	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option Application for Professional Semester due TOTAL Senior – Fall P.E. Instr. Secondary QuEST Arts/Music/Theater* QuEST Christian Beliefs* 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 • • • • • • • • • •	a 300 level coul EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114 EDUC 420 [†] TEP 431 [†] TEP 411 [†]	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring Prof Issues in Educ Student Teaching HPE – K-12 Pre-student Teaching Exp.: HPE	3 3 1 3 1 1 1 1 15 2 9 0
enroll in TEP 310 TEP 310 [†] EDSP 307 [†] EDUC 331 [†] HPED 305 HPED 329 Varies WELL 1xx Nov 1 st - HPED 312 Varies THEO xxx Varies HDFS 311	 March 1st-TEP Application Submitted onlinor order Junior – Fall Field Experience (Must meet TEP admission requirements) Inclusion Practices Instr Design and Assessment for Middle and Secondary Grades Cont. Issues in Health Sport in Society* QuEST Philosophy or Religion* Wellness course option – Application for Professional Semester due TOTAL Senior – Fall P.E. Instr. Secondary QuEST Arts/Music/Theater* QuEST Non-Western Studies* Adolescent Development 	ne. Math, C to enroll in 0 3 3 3 3 3 1 1 5 5 16 5 7 6 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	a 300 level coul EDUC 308 APHS 201 HPED 423 WELL xxx HPED 309 HPED 332 WELL 114 EDUC 420 [†] TEP 431 [†] TEP 411 [†]	Junior – Spring Instr & Assessment w/Eng Lang Principles of Exercise Science* (STW) Principles of Admin. Wellness Course Option Physical Education Instruction Elem Teaching Adapted PE Dance and Rhythm Activities TOTAL Senior – Spring Prof Issues in Educ Student Teaching HPE – K-12 Pre-student Teaching Exp.: HPE	3 3 1 3 1 1 1 1 15 2 9 0

*QuEST requirement; †Courses must be taken concurrently

NOTE: If a student fails to complete the PAPA requirement by August 15 prior to their junior year, that student will be required to either 1) change majors or 2) stay at Messiah an additional year to complete the curriculum as it is designed.

Nutrition and Dietetics (B.S.) (for students graduating May 2022) 8 Semester Plan

Graduating May 2022, Rev. 1/2018

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall	•		First Year – Spring	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	NUTR 121	Food and Food Science	3
NUTR 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2			
	TOTAL	16		TOTAL	16
	Sophomore – Fall			Sophomore – Spring	
BIOL 185	Anatomy and Physiology**	4	BIBL 20x	Knowledge of the Bible* (2 nd -4 th year)	3
CHEM 204	Introduction to Organic Chemistry**	4	BIOL 186	Anatomy and Physiology II**	4
BUSA 120	Principles of Management	3	STAT 269	Introduction to Statistics*	3
NUTR 222	Principles of Nutrition	3	Varies	History meeting QuEST*	3
			Varies	Literature meeting QuEST* (1st or 2nd year)	3
	TOTAL	14		TOTAL	16
	Junior – Fall	•		Junior – Spring	
BIOL 265	Microbiology	4	NUTR 331	Advanced Food Science & Technology	3
Varies	Non-Western Studies* (2 nd or 3 rd year)	2-3	NUTR 352	Community Nutrition	3
NUTR 322	Nutrition through the Life Cycle	3		Philosophy/Religion* (1st or 2nd year)	3
NUTR 415	Food Service	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
	тота	40.47		тоты	15
	TOTAL Senior – Fall	16-17		TOTAL	15
Varies	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3	NUTR 412	Senior – Spring Medical Nutrition Therapy II	3
NUTR 410	Nutrition Education and Counseling	3	NUTR 412 NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 410	Medical Nutrition Therapy I	3			3
NUTR 411	Nutrient Metabolism & Research Methods I	+	Varies	Elective	
NUTR 425 NUTR 493	Senior Seminar	4	Varies Varies	Elective	3
INU I K 493		I	valles	Arts* (1 st or 2 nd year)	ა ა
	TOTAL	14		TOTAL	15

*QuEST requirement

**Students may substitute BIOL 170, 166, and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

Nutrition and Dietetics (B.S.) (for students graduating May 2023) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
	First Year – Fall			First Year – Spring	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	NUTR 121	Food and Food Science	3
NUTR 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2			
	TOTAL	16		TOTAL	16
	Sophomore – Fall	.		Sophomore – Spring	
BIOL 185	Anatomy and Physiology	4	BIBL 20x	Knowledge of the Bible* (2 nd -4 th year)	3
CHEM 204	Introduction to Organic Chemistry	4	BIOL 186	Anatomy and Physiology II	4
BUSA 120	Principles of Management	3	STAT 269	Introduction to Statistics*	3
NUTR 222	Principles of Nutrition	3	Varies	History meeting QuEST*	3
PHIL/RELI xxx	Philosophy/Religion* (1st or 2nd year)	3	Varies	Literature meeting QuEST* (1 st or 2 nd year)	3
	TOTAL	15		TOTAL	16
	Junior – Fall	_		Junior – Spring	
NUTR 322	Nutrition through the Life Cycle	3	NUTR 412	Medical Nutrition Therapy II	3
NUTR 411	Medical Nutrition Therapy I	3	NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 425	Nutrient Metabolism & Research Methods I	4	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
			Varies	Elective	3
			NUTR 215	ServSafe Manager	1
	TOTAL	13		TOTAL	16
	Senior – Fall			Senior – Spring	
BIOL 265	Microbiology	4	Varies	Ethics/Pluralism/World Views* (3rd/4th yr)	3
NUTR 415	Food Service	3	Varies	Elective	3
NUTR 210	Food Around the World	2	NUTR 333	Food Technology	2
NUTR 493	Senior Seminar	1	Varies	Elective	3
NUTR 437	Behavorial Health/Counseling (1st 7)	1.5	Varies	Arts* (1 st or 2 nd year)	3
NUTR 438	Nutrition Education (2 nd 7)	1.5	I		

Graduating May 2023, Rev. 1/2018

*QuEST requirement,

13

TOTAL

** Students may substitute BIOL 170, 166, and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

TOTAL

14

Nutrition and Dietetics B.S.(for students graduating December 2023) Suggested Plan of Study showing completion in 7 semesters

000100 //	Course name	Credits	Course #	Course name	Credits
	Semester 1 – Fall			Semester 2 – Spring	
DFY 101	First Year Seminar*	3	IDCR 151	Created and Called*	3
	Introduction to Psychology*	3	Varies	2nd language* (1st or 2nd year)	3
/aries	1st language* (1 st or 2 nd year)	3	COMM 105	Foundations of Oral Communication*	3
	General Chemistry I	3-4	CHEM 106	General Chemistry II	4
	Concepts of Conditioning*	2	NUTR 121	Food and Food Science	3
	Introduction to Nutrition and Dietetics	1	NUTR 215	ServSafe Manager	1
	TOTAL	16		TOTAL	17
	Summer between semester 2 and 3		Free elective: 3	credits	
	Semester 3 – Fall			Semester 4 – Spring	
HIST XXX	History or Literature*	3	Varies	Third Language or Cross Cultural*	3
BIOL 185	Anatomy and Physiology I	4	Bible 201	Knowledge of the Bible*	3
	Introduction to Organic Chemistry	4	BIOL 186	Anatomy and Physiology II	4
	Principles of Nutrition	3	BIOL189 or 260		3
	Principles of Management	3	STAT 269	Introductory Statistics*	3
	TOTAL	17		TOTAL	16
	Summer between semesters 4 and 5		ATHT 203:	Medical Terminology and Topics - 2 credits (online)
				modical rollinitology and ropico E oroanto (5111110)
					5111110)
	Semester 5 – Fall			Semester 6 – Spring	,
	Semester 5 – Fall History or Literature*	3	THEO 2xx	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year)	3
NUTR	Semester 5 – Fall	3 2		Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year)	,
NUTR 210	Semester 5 – Fall History or Literature*		THEO 2xx	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th	3
NUTR 210 RELI/PHIL	Semester 5 – Fall History or Literature* Food and Culture*	2	THEO 2xx IDS XXX	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year)	3 3
NUTR 210 RELI/PHIL /aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy*	2 3	THEO 2xx IDS XXX NUTR 322	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle	3 3 3
NUTR 210 RELI/PHIL /aries BIOL 265 /aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre*	2 3 3	THEO 2xx IDS XXX NUTR 322 NUTR 428	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry	3 3 3 4
NUTR 210 RELI/PHIL /aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective	2 3 3 4 3	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western)	3 3 3 4 2 3
NUTR 210 RELI/PHIL /aries BIOL 265 /aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology	2 3 3 4	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology	3 3 3 4 2
NUTR 210 RELI/PHIL /aries 310L 265 /aries (XX	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL	2 3 4 3 18	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western)	3 3 3 4 2 3
NUTR 210 RELI/PHIL /aries BIOL 265 /aries (XX	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective	2 3 4 3 18	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western)	3 3 3 4 2 3
NUTR 210 RELI/PHIL /aries 310L 265 /aries (XX	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL	2 3 4 3 18	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western)	3 3 3 4 2 3
NUTR 210 RELI/PHIL /aries 3IOL 265 /aries (XX Sumn	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL mer Between Semester 6 and 7 - no required Semester 7 – Fall	2 3 4 3 18	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR 10 RELI/PHIL /aries SIOL 265 /aries (XX Sumn IUTR 430	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course)	2 3 4 3 18 courses	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR 10 RELI/PHIL /aries SIOL 265 /aries (XX Sumn IUTR 430 IUTR 432	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy	2 3 4 3 18 courses 1 3	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR 210 RELI/PHIL /aries 3IOL 265 /aries (XX Sumn IUTR 430 IUTR 432 IUTR 450	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research	2 3 4 3 18 courses 1 3 3	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR 10 RELI/PHIL /aries 3IOL 265 /aries (XX Sumn IUTR 430 IUTR 432 IUTR 450 IUTR 437	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7)	2 3 4 3 18 courses 1 3 3 1.5	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
NUTR 210 RELI/PHIL /aries 3IOL 265 /aries (XX Sumn NUTR 430 NUTR 430 NUTR 432 NUTR 437 NUTR 438	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2 nd 7)	2 3 4 3 18 courses 1 3 3 1.5 1.5	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
UTR 210 RELI/PHIL /aries 3IOL 265 /aries (XX Sumn UTR 430 UTR 430 UTR 437 UTR 438 UTR 438 UTR 415	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2nd 7) Food Service	2 3 4 3 18 courses 1 3 1.5 1.5 3	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR ID RELI/PHIL /aries SIOL 265 /aries (XX Sumn IUTR 430 IUTR 430 IUTR 432 IUTR 437 IUTR 438 IUTR 415 /aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL More Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2nd 7) Food Service Free elective	2 3 4 3 18 courses 1 3 3 1.5 1.5	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3
IUTR 10 RELI/PHIL 'aries SIOL 265 'aries XX Sumn IUTR 430 IUTR 430 IUTR 437 IUTR 438 IUTR 438 IUTR 415 'aries	Semester 5 – Fall History or Literature* Food and Culture* Religion/Philosophy* Art, Music, Theatre* Microbiology Free Elective TOTAL ner Between Semester 6 and 7 - no required Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2nd 7) Food Service	2 3 4 3 18 courses 1 3 1.5 1.5 3	THEO 2xx IDS XXX NUTR 322 NUTR 428 NUTR 333	Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Ethics/Pluralism/World Views* (3rd or 4th year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 3 3 4 2 3

*QuEST Requirement

Nutrition and Dietetics B.S. (for students graduating May 2024) Suggested Plan of Study showing completion in 8 semesters

Course #	Course name	Credits	Course #	Course name	Credit
	Semester 1 – Fall			Semester 2 – Spring	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called*	3
Varies	1st language* (1st or 2nd year)	3	Varies	2nd language* (1st or 2nd year)	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105		3	NUTR 121	Food and Food Science	3
NUTR 102	Introduction to Nutrition and Dietetics	1	NUTR 215	ServSafe Manager	1
				v	
	TOTAL	14		TOTAL	14
	Summer between semester 2 and 3				
Semester 3 – Fall				Semester 4 – Spring	
APHS 170	Concepts of Conditioning*	2	Varies	Third Language or Cross Cultural*	3
BIOL 185	Anatomy and Physiology I	4	Bible 201	Knowledge of the Bible*	3
BUSA 120	Principles of Management	3	BIOL 186	Anatomy and Physiology II	4
NUTR 222	Principles of Nutrition	3	BIOL189	Genetics	3
PSYC 101	Introduction to Psychology*	3	STAT 269	Introduction to Statistics	3
	TOTAL	15		TOTAL	16
BIOL 265	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology	4	ATHT 203 Med	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year)	3
CHEM 204 ENG XXX NUTR 210	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture*	4 3 2	THEO 2xx NUTR 322 NUTR 428 NUTR 333	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology	3 4 2
CHEM 204 ENG XXX NUTR 210	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History*	4 3 2 3	THEO 2xx NUTR 322 NUTR 428	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western)	3 4 2 3
CHEM 204 ENG XXX	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture*	4 3 2	THEO 2xx NUTR 322 NUTR 428 NUTR 333	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology	3 4 2
CHEM 204 ENG XXX NUTR 210	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History*	4 3 2 3 16	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 4 2 3
CHEM 204 ENG XXX NUTR 210	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL	4 3 2 3 16	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 4 2 3
CHEM 204 ENG XXX NUTR 210 HIST XXX	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Semester 7 – Fall Nutrition Assessment (Lab course)	4 3 2 3 16 1 Semeste	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL	3 4 2 3 15
CHEM 204 ENG XXX NUTR 210 HIST XXX NUTR 430 NUTR 432	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Summer Between Semester 7 – Fall	4 3 2 3 16 1 Semeste	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad)	3 4 2 3
CHEM 204 ENG XXX NUTR 210 HIST XXX NUTR 430 NUTR 432 NUTR 450	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Summer Between Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy	4 3 2 3 16 1 Semeste 1 3	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1 Varies	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad) Art, Music, Theatre* Ethics/Pluralism/World Views* (3rd or 4th	3 4 2 3 15
CHEM 204 ENG XXX NUTR 210 HIST XXX NUTR 430 NUTR 432 NUTR 430 NUTR 437	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research	4 3 2 3 16 5 Semester 1 3 3	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1 Varies IDS XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad) Art, Music, Theatre* Ethics/Pluralism/World Views* (3rd or 4th year)	3 4 2 3 15 3 3 3
CHEM 204 ENG XXX NUTR 210 HIST XXX NUTR 430 NUTR 432 NUTR 437 NUTR 438	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7)	4 3 2 3 16 1 Semeste 1 3 3 1.5	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1 Varies IDS XXX RELI/PHIL	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad) Art, Music, Theatre* Ethics/Pluralism/World Views* (3rd or 4th year) Religion/Philosophy*	3 4 2 3 15
CHEM 204 ENG XXX NUTR 210 HIST XXX	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2 nd 7)	4 3 2 3 16 1 Semeste 1 3 3 1.5 1.5	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1 Varies IDS XXX RELI/PHIL Varies XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad) Art, Music, Theatre* Ethics/Pluralism/World Views* (3rd or 4th year) Religion/Philosophy* Free Elective	3 4 2 3 15 3 3 3 3 3 3
CHEM 204 ENG XXX NUTR 210 HIST XXX NUTR 430 NUTR 430 NUTR 432 NUTR 437 NUTR 438 NUTR 415	Summer between semesters 4 and 5 Semester 5 – Fall Microbiology Introduction to Organic Chemistry Literature* Food and Culture* History* TOTAL Semester 7 – Fall Nutrition Assessment (Lab course) Introduction to Medical Nutrition Therapy Understanding and Applying Research Behavioral Health/Counseling (1st 7) Nutrition Education (2 nd 7) Food Service Senior Seminar in Nutrition and Dietetics	4 3 2 3 16 1 Semeste 1 3 3 1.5 1.5	THEO 2xx NUTR 322 NUTR 428 NUTR 333 Varies XXX er 6 and 7 - no 1 Varies IDS XXX RELI/PHIL Varies XXX	ical Terminology and Topics - 2 Semester 6 – Spring Christian Beliefs* (2nd or 3rd year) Nutrition through the Life Cycle Nutrient Biochemistry Food Technology Free Elective (or non-western) TOTAL required courses Semester 8 – Spring (Grad) Art, Music, Theatre* Ethics/Pluralism/World Views* (3rd or 4th year) Religion/Philosophy* Free Elective	3 4 2 3 15 3 3 3 3 3 3

Sport Management (B.A.) (students entering Fall 2022) 8 Semester Plan – for starting Even Year

8 Semester Plan – for starting Even Year								
Course name	Credits	Course #	Course name	Credits				
First Year – Fall			First Year – Spring					
Oral Communication*	3	Varies	1 st language*	3				
First Year Seminar*	3	IDCR 151	Created and Called for Community*	3				
Mathematical Science* (1st year)	3	HIST 1xx	History* (1 st or 2 nd year)	3				
Introduction to Psychology*	3	Varies		3				
Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning	2 3				
Principles of Management	3	CIS 190	Strategic Use of the Technology	3				
TOTAL	16		TOTAL	17				
2 nd language* (1 st or 2 nd year)	3	SPMT 211	Economics and Governance in Sports	3				
	3	ACCT 242	Managerial Accounting	3 3				
Financial Accounting	3	MRKT 130		3				
Human Biology*	4	IDNW xxx		2-3				
Elective	3	Varies	Elective	3				
TOTAL	46		τοτοι	14-15				
	2	Variaa		3				
				3				
				3				
				3				
				3 2				
LIECTIVE	3	SPMI 410		Ζ				
TOTAL	15		TOTAL	14				
Senior – Fall	Senior – Spring							
	3	SPMT 411	Senior Seminar	3				
				3				
Business Law I	3	HPED 423	Principles of Administration	3				
+	+	Varies		3				
Electives Internship	4	Varies Varies	Elective Elective	3 3				
	Course name First Year – Fall Oral Communication* First Year Seminar* Mathematical Science* (1st year) Introduction to Psychology* Sport Management Careers and Content Principles of Management TOTAL Sophomore – Fall 2nd language* (1st or 2nd year) Ethics and Law in Sport Management Financial Accounting Human Biology* Elective TOTAL Junior – Fall Knowledge of the Bible* (1st or 2nd year) Christian Beliefs* (2nd or 3rd year) Sport Facility and Event Management Internship Elective Internship	Course name Credits First Year – Fall 3 Oral Communication* 3 First Year Seminar* 3 Mathematical Science* (1st year) 3 Introduction to Psychology* 3 Sport Management Careers and Content 1 Principles of Management 3 Sophomore – Fall 3 2nd language* (1st or 2nd year) 3 Ethics and Law in Sport Management 3 Financial Accounting 3 Human Biology* 4 Elective 3 Christian Beliefs* (2nd or 3rd year) 3 Sport Facility and Event Management 3 Internship 3 Elective 3 Princtian Beliefs* (2nd or 3rd year) 3 Sport Facility and Event Management 3 Internship 3 Elective 3 Philosophy/Religion* (1st or 2nd year) 3	Course nameCreditsCourse #First Year – Fall0Oral Communication*3First Year Seminar*3IDCR 151Mathematical Science* (1st year)3Introduction to Psychology*3VariesSport Management Careers and Content1APHS 170Principles of Management3CIS 190TOTAL16Sophomore – Fall2nd language* (1st or 2nd year)3Ethics and Law in Sport Management3ACCT 242Financial Accounting3Hurman Biology*4IDNW xxxElective3VariesChristian Beliefs* (2nd or 3rd year)3Sport Facility and Event Management3APHS 201Sport Facility and Event Management3SPMT 314Elective3Sport Facility and Event Management3SPMT 410Prinosophy/Religion* (1st or 2nd year)3SPMT 410	Course name Credits Course # Course name First Year – Fall Image: State of the state o				

*QuEST requirement

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.

Sport Management (B.A.) (students entering Fall 2021) 8 Semester Plan – for starting Odd Years

Course #	Course name	Credits	Course #	Course name	Credits	
	First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	Varies	1 st language*	3	
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3	
MATH/CIS/STAT	Mathematical Science* (1st year)	3	HIST xxx	History* (1st or 2nd year)	3	
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1st or 2nd year)	3	
SPMT 110	Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning	2	
BUSA 120	Principles of Management	3	CIS 190	Strategic Use of the Technology	3	
	TOTAL	16		TOTAL	17	
	Sophomore – Fall		Sophomore – Spring			
Varies	2 nd language* (1 st or 2 nd year)	3	SPMT 314	Sponsorship and Marketing in Sport Manage	3	
SPMT 313	Sport Facility and Event Management	3	ACCT 242	Managerial Accounting	3	
ACCT 141	Financial Accounting	3	MRKT 130	Marketing Principles	3	
BIOL 158	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	
Varies	Elective	3	Varies	Elective	3	
	TOTAL	16		TOTAL	14-15	
Junior – Fall			Junior – Spring			
BIBL 20X	Knowledge of the Bible* (1st or 2nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3	
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	APHS 201	Principles of Exercise Science	3	
SPMT 210	Ethics and Law in Sport Management	3	HPED 329	Sport in Society	3	
INTE 391	Internship	3	SPMT 211	Economics and Governance in Sports	3	
Varies	Elective	3	HPED 423	Principles of Administration	3	
	TOTAL	15		TOTAL	15	
Senior – Fall			Senior – Spring			
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	SPMT 410	Topics in Sport Management	2	
ENGL xxx	Literature* (1st or 2nd year)	3	SPMT 411	Senior Seminar	3	
BUSA 381	Business Law I	3	INTE 391	Internship	6	
Varies	Electives	4	Varies	Elective	6	
	TOTAL	13		TOTAL	17	

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.